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COMMERCIAL SERIES TREADMILL

OWNER'S MANUAL

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CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 BEFORE GETTING STARTED

It is the sole responsibility of the purchaser of Matrix Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

It is recommended that all users of Matrix Fitness Systems exercise equipment be informed of the following information prior to its use.

1.2 PROPER USAGE

- Do not use the equipment in any way other than designed or intended by the manufacturer. It is imperative that all Matrix Fitness Systems equipment is used properly to avoid injury.
- Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject wear.
- Keep hands and feet clear of moving parts at all times to avoid injury.
- Unsupervised children must be kept away from this equipment.
- Do not wear loose clothing while on equipment.
- Use care when getting on or off the treadmill. Use the stationary handrails whenever possible. Place your feet firmly on the right and left side platforms before the running belt begins moving (prior to a workout). Step onto the running belt when the speed is at or below 1 mph (1.6 kph).
- **(T3x only)** When it is necessary to immobilize the treadmill, set the display to read "CHOOSE PROGRAM USING QUICK KEYS OR SPEED UP OR DOWN KEYS", then hold down the SPEED UP & SPEED DOWN keys. The treadmill will now display "IMMOBILIZED." In this state the treadmill can not be operated; both the drive motor & elevation motor are disabled. The treadmill will remain in this state across power cycles, resets, etc. To return to normal operation mode repeat the same key sequence, hold down the SPEED UP & SPEED DOWN keys. The display will now read "CHOOSE PROGRAM USING QUICK KEYS OR SPEED UP OR DOWN KEYS"

1.3 READ AND SAVE THESE INSTRUCTIONS

This Treadmill is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating the MATRIX treadmill.

When using an electrical product, basic precautions should always be followed including the following:

DANGER: To reduce the risk of electric shock: Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

WARNING: To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product.

- Locate the Matrix treadmills on a structurally solid and flat surface a few feet from the wall or any equipment (Allow a distance of 21 centimeters, or eight inches, between the treadmill and other units on either side. Allow an area of two meters by one meter, or six feet by 3 feet, from the rear of the treadmill to any object or surface).
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this lower case owner's manual. Do not use other attachments that are not recommend by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening
- Do not remove the console covers. Service should only be done by an authorized service technician.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint and hair.
- Never operate product if it has a damaged cord or plug, if it is working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by it's supply cord or use the cord as a handle.
- Keep any power cord away from heated surfaces.
- Close supervision is necessary when treadmill is used by or near children or disable persons.
- Do not use outdoors
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Connect this treadmill to a properly grounded outlet only.

CAUTION: If you experience chest pain, nausea, dizziness or shortness or breath, STOP exercising immediately and consult a physician before continuing.

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1.4 ELECTRICAL REQUIREMENTS

For your safety and treadmill performance, the ground on this circuit must be non-looped. Please refer to NEC article 210-21 and 210-23. Your Treadmill is provided with a power cord with a plug and requires a dedicated line according to the electrial configurations listed in the chart below. Any alteration of this power cord could void all warranties of this product.

Supply Voltage (VAC)	Frequency (Hz)	Rated Current (Amps)
100	50/60Hz	15A
120	50/60Hz	15A
200	50/60Hz	10A
220	50/60Hz	10A
230	50/60Hz	10A
240+	50/60Hz	10A

1.5 GROUNDING INSTRUCTIONS

The treadmill must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user does not follow these grounding Instructions, the user could void the Matrix limited warranty.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if the user is in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified technician.

2.1 RECOMMENDED CLEANING TIPS

1. Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the treadmill. Paper towels are abrasive and can damage surfaces.
2. Use a mild soap and damp cloth. DO NOT use ammonia based cleaner. This will cause discoloring of the aluminum and plastics it comes into contact with.
3. Do not pour water or cleaning solutions on any surface. This could cause electrocution.
4. Wipe the console and side rails after every use.
5. Brush away any wax deposits from the deck and belt area. This is a common occurrence until the wax is worked into the belt material.
6. Be sure to remove any obstructions from the path of the elevation wheels including power cords.
7. Monthly, unplug the treadmill and remove the motor cover. Check for debris and clean with a dry cloth or small vacuum nozzle.
   WARNING: Do not plug the treadmill in until the motor cover has been reinstalled.

CAUTION: The T3x weighs 350 lbs / 159 kg, and the T4x / T5x Weighs 450 lbs / 204 kg. Be sure to have proper assistance to install and move the unit in order to avoid injury to you or the unit.

2.2 DECK AND BELT REPLACEMENT

One of the most common wear and tear items on a treadmill is the Deck and Belt combination. If these two items are not properly maintained they can cause damage to other components. This product has been provided with the most advanced maintenance free lubricating system on the market.

WARNING: Do not run the treadmill while cleaning the belt and deck. This can cause serious injury and can damage the machine.

Maintain the belt and deck by wiping the sides of the belt and deck with a clean cloth. The user can also wipe under the belt 2 inches / 5 centimeters on both sides removing any dust or debris.

The deck can be flipped and reinstalled or replaced by an authorized service technician. Please contact Matrix Fitness Systems or authorized dealers for more information.

2.3 CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness Systems.

MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement.

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment, as well as keeping the users liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

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2.4 ADJUSTING THE BELT

After placing the treadmill in the position it will be used, the belt must be checked for proper tension and centering. The belt might need to be adjusted after the first two hours of use. Temperature, humidity, and use cause the belt to stretch at different rates. If the belt starts to slip when a user is on it, be sure to follow the directions below.

STEP 1 Locate the two hex head bolts on the rear of the treadmill. The bolts are located at each end of the frame at the back of the treadmill. These bolts adjust the rear belt roller. Do not adjust until the treadmill is on. This will prevent over tightening of one side.

STEP 2 The belt should have equal distance on either side between the frame. If the belt is touching one side, do not start the treadmill. Turn the bolts counter clockwise approximately one full turn on each side. Manually center the belt by pushing the belt from side to side. Tighten the bolts the same amount as when the user loosened them, approximately one full turn. Inspect the belt for damage.

STEP 3 While the treadmill is running at 3 mph / 4.8 kph, observe the belt position. If it is moving to the right, tighten the right bolt by turning it clockwise ¼ turn, and loosen the left bolt ¼ turn. If it is moving to the left, tighten the left bolt by turning it clockwise ¼ turn and loosen the right ¼ turn. Repeat Step 3 until the belt remains centered for several minutes.

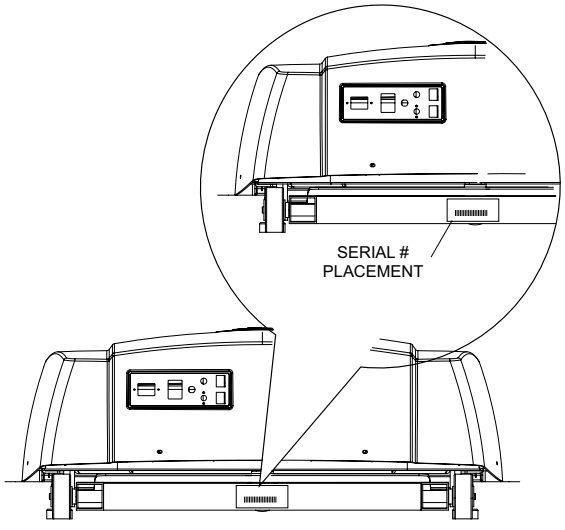
STEP 4 Check the tension of the belt. The belt should be very snug. When a person walks or runs on the belt, it should not hesitate or slip. If this occurs, tighten the belt by turning both bolts clockwise ¼ turn. Repeat if necessary.

2.5 MAINTENANCE LAMP (MX-T3x)

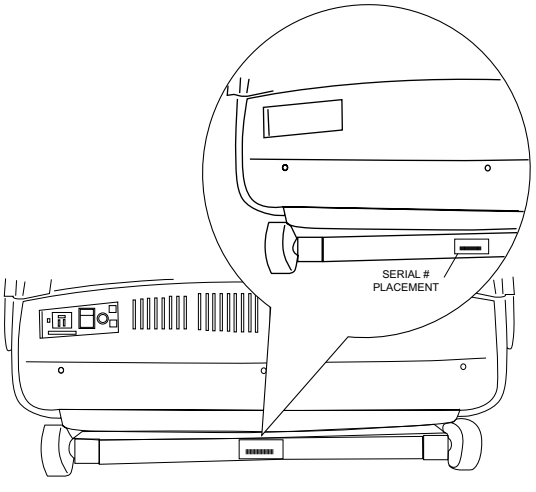
There is a maintenance lamp on the console to remind the owner to do the scheduled maintenance. When the treadmill's accumulated distance reaches 5000 miles / 8000 kilometers, the maintenance lamp will light meaning maintenance is needed. The following is the maintenance lamp key:

- **Blue**: It means that the treadmill needs to be maintained. To turn off the maintenance light after performing service, hold the **INCLINE DOWN** and **SPEED DOWN** at the same time for 3 seconds.
- **Red**: It means that the treadmill might have a problem, and needs to be checked. Please contact MATRIX customer service.

3.1 MX-T3x TREADMILL



3.2 MX-T4x / MX-T5x TREADMILL



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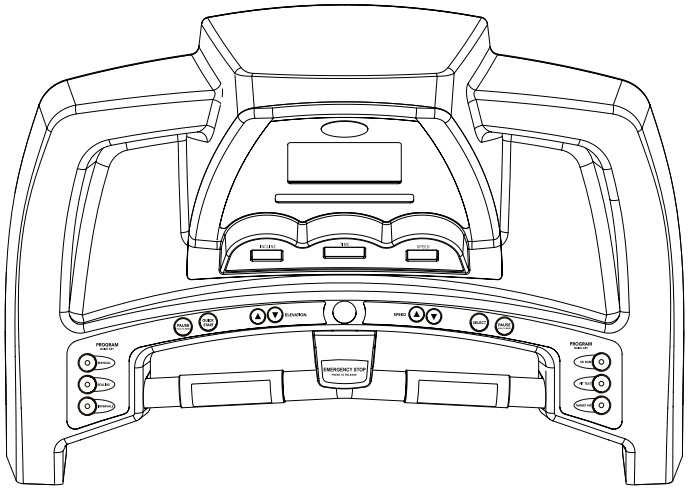
CHAPTER 4: MX-T3x Overlay Description / Programing / Engineering Mode

4.1 MX-T3x CONSOLE DESCRIPTION

The MATRIX treadmill is inspected before it is packaged. It is shipped in four pieces: the base, the upright console supports, the handlebar and the console. Carefully unpack the unit and dispose of the box material.

CAUTION This unit weights 350 lbs / 159 kg. To avoid injury to the user and the unit, be sure to have proper assistance to remove and move the unit.



PROGRAM KEYS: Simple program view and selection buttons. Six programs to choose from.

QUICK START/START: One touch Start and Quick Start.

SELECT: To confirm each program setting.

STOP: Press the STOP key once to pause the program for 2 minutes. During the 2 minute pause, press the QUICK START key to continue running the program, or else the machine will reset automatically. Also, you can press and hold the STOP key to reset the treadmill.

UP/DOWN ELEVATION: Easy information and elevation selection.

UP/DOWN SPEED: Easy information and speed selection.

EMERGENCY STOP: Press the EMERGENCY STOP key once to stop and immobilize all functions. To return to normal operation mode, press the key once again.

4.2 MANUAL OPERATION

MATRIX design makes using the programs as easy as one touch of a button.

QUICK START
Press the "QUICK START" key and the LED will show "3", "2", "1", "GO!". The treadmill will start running from the lowest incline and 0.5 mph / 0.8 kph, with the default time counting down from 20 minutes.

MANUAL MODE allows you to enter desired time, level and weight.

1) Choose the "**MANUAL**" program using the program **QUICK-KEYS**, then press **SELECT**.
2) Choose the **TIME** using **SPEED -/+**, then press **SELECT**.
3) Choose **WEIGHT** using **SPEED -/+**, then press **SELECT**.
4) Press **START**.

4.3 OPERATING LEVEL BASED PROGRAMS

Your MATRIX Treadmill offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select INTERVALS, ROLLING and 5K RUN programs.

INTERVALS & ROLLING

1) Choose the program using the program **QUICK-KEYS**, then press **SELECT**.
2) Choose the **LEVEL** using **SPEED -/+,** then press **SELECT**.
3) Choose the **TIME** using **SPEED -/+**, then press **SELECT**.
4) Choose **WEIGHT** using **SPEED -/+**, then press **SELECT**.
5) Press START.

5K RUN

1) Choose the "**5K**" program using the program **QUICK-KEYS**, then press **SELECT.**
2) Choose the **LEVEL** using **SPEED -/+**, then press **SELECT**.
3) Choose **WEIGHT** using **SPEED -/+**, then press **SELECT**.
4) Press **START**.

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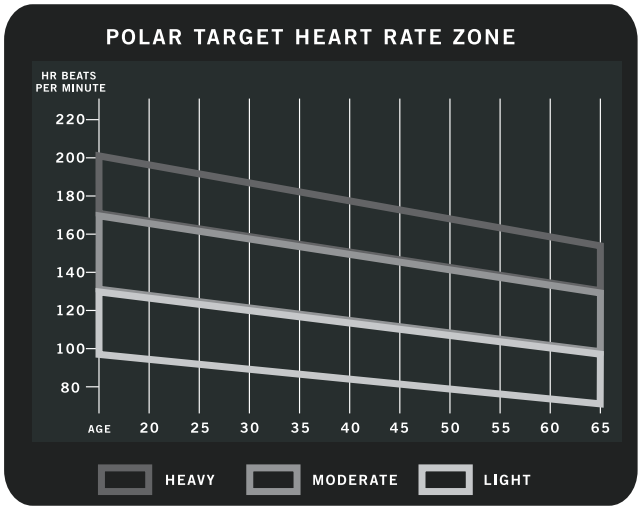
4.4 HEART RATE CONTROL

Follow these easy Steps to enter into the Heart Rate Program.

TARGET HR:

1) Choose the "**TARGET HR**" using the program **QUICK-KEYS**, then press **SELECT**.
2) Choose the "**TARGET HART RATE**" using the **SPEED -/+**, then press **SELECT**.
3) Choose your **HR CONTROL MODE** using the **SPEED** or **INCLINE KEYS**:
   - If **SPEED -/+** is pressed the console will display "Speed HR Control, press - or + to set Max Speed, then press **SELECT**".
   - If **INCLINE UP/DOWN** is pressed the console will display "Incline HR Control, press up or down to set Max Incline, then press **SELECT**".
4) Choose **TIME** using **SPEED -/+**, then press **SELECT**.
5) Choose **WEIGHT** using **SPEED -/+**, then press **SELECT**.
6) Press **START**.

TARGET HEART RATE is determined by the following formula.
(220 Beats Per Minute - Age) Selected precentage.
Example (220 - 30) 65% = 123 Beats Per Minute.
Select from 50% - 80% in 5% increments.



4.5 FIT TEST

FIT TEST allows you to measure your fitness based on a program designed specifically for your Matrix Treadmill. The test takes 5 minutes and is based on your heart rate. User should keep hands on contact heart rate graps.

Follow these easy steps to enter in the Fit Test Program.

STEP 1: Select the **FIT TEST** button.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys. Press **SELECT** or wait 5 seconds.

STEP 3: Select **GENDER** by using the **UP** arrow keys. Press **SELECT** or wait 5 seconds.

STEP 4: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys. Press **SELECT** or wait 5 seconds.

STEP 5: Display, **TIME**, Starting 3, Starting 2, Starting 1.

STEP 6: Display will read **"HOLD THE HANDGRIP SENSORS FOR DETECTING HR"** if no heart rate is found after 4:20. Display will read **"HR TO LOW, RETRY THE TEST"** if score is over 80.

STEP 7: Display will read results of Fit Test.

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MEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	GOOD	AVERAGE	FAIR	POOR
15-19	61+	56 ~ 61	52 ~57	48 ~ 51	42 -
20-29	57+	52 ~ 57	44 ~ 51	38 ~ 43	38 -
30-39	51+	48 ~ 51	40 ~ 47	34 ~ 39	34 -
40-49	48+	44 ~ 48	36 ~ 43	30 ~ 35	30 -
50-59	44+	40 ~ 44	32 ~ 39	25 ~ 31	25 -
60-69	21+	21 ~ 26	27 ~ 35	36 ~ 40	40 -
70-79	36+	32 ~ 36	23 ~ 31	17 ~ 22	17 -

WOMEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	GOOD	AVERAGE	FAIR	POOR
15-19	52+	46 ~ 52	37 ~ 45	30 ~ 36	30 -
20-29	50+	44 ~ 50	35 ~ 43	28 ~ 34	28 -
30-39	48+	42 ~ 48	34 ~ 41	27 ~ 33	27 -
40-49	46+	41 ~ 46	32 ~ 40	25 ~ 31	25 -
50-59	42+	37 ~ 42	28 ~ 36	21 ~ 27	21 -
60-69	37+	32 ~ 37	24 ~ 31	17 ~ 23	17 -
70-79	33+	28 ~ 33	20 ~ 27	13 ~ 19	13 -

4.6 ENGINEERING MODE

Engineering screens allow the viewing and editing of variables that would be necessary for a club operator/manager to customize. Unless otherwise noted, engineering screens consist of the initial screen, the editing or action screen, and the saving screen. The initial screen displays the variable type, and in most cases, the current value. Edit or action screens are where the editing of the variable(s) take place. The saving screen indicates the variable(s) is being saved.

To access the Engineering screens press and hold the **ELEVATION UP** and **SPEED DOWN** buttons for three seconds. The display will now display 'Engineering Mode'.

Use the **ELEVATION UP** or **DOWN** arrows to scroll through the different engineering screens.

Press **SELECT** to edit the selected engineering screen.

Use the **SPEED UP** or **DOWN** arrows to set the variable.

Press **START** to save the selected variable.

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4.7 MANAGER SCREEN DESCRIPTIONS / DETAILS

Below is a list of the MX-T3x functions for each engineering screen. Exceptions will be noted in the description for each engineering screens:

P0 **LOW SPEED LEARN MODE (EDIT)**
This variable controls the low limit for the speed of the treadmill.

P1 **MIDDLE SPEED LEARN MODE (EDIT)**
This variable controls the middle limit for the speed of the treadmill.

P2 **HIGH SPEED LEARN MODE (EDIT)**
This variable controls the high limit for the speed of the treadmill.

P4 **LOW ELEVATION LEARN MODE (EDIT)**
This variable controls the low limit for the elevation of the treadmill.

P5 **HIGH ELEVATION LEARN MODE (EDIT)**
This variable controls the the high limit for the elevation of the tread mill.

P6 **UNIT (EDIT)**
Changes from Standard (Kilometers) to English (Miles).
Unit change will force unit dependent variables to revert to their default values.

P7 **LIMIT TIME (EDIT)**
This variable controls the program maximum time.

P8 **SET WEIGHT (EDIT)**
This variable controls the default weight used in the calorie calculations.
Sets to default on unit change.
Displayed in native units (kilorgram or pounds)

P9 **TOTAL TIME**
Displays total accumulated time.
Accumulated time is not editable, for display only.

P10 **TOTAL DISTANCE**
Displays total accumulated distance.
Accumulated distance is not editable, for display only.
Displayed in native units (miles or kilometers).

P11 **VERSION**
Displays the product's software version.
Version is not editable, for display only.

P12 **LANGUAGE**
Language in which information is displayed.

P13 **USER SPEED**
This variable controls the default program speed.

P14 **USER TIME**
This variable controls the default program time.

PRODUCT TEST

AUTO CHECK

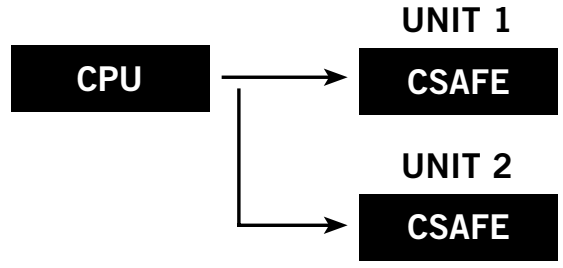
DISPLAY TEST

KEYPAD TEST

OUT OF ORDER

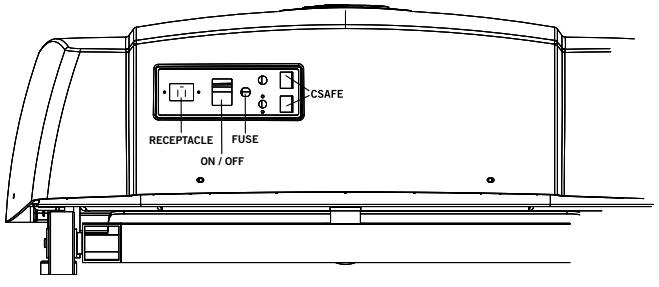
4.8 USING CSAFE

Matrix is the leader in entertainment availability.



FRONT SIDE ACCESS LAYOUT

Below is a layout of the (backside) access panel on the MX-T3x.



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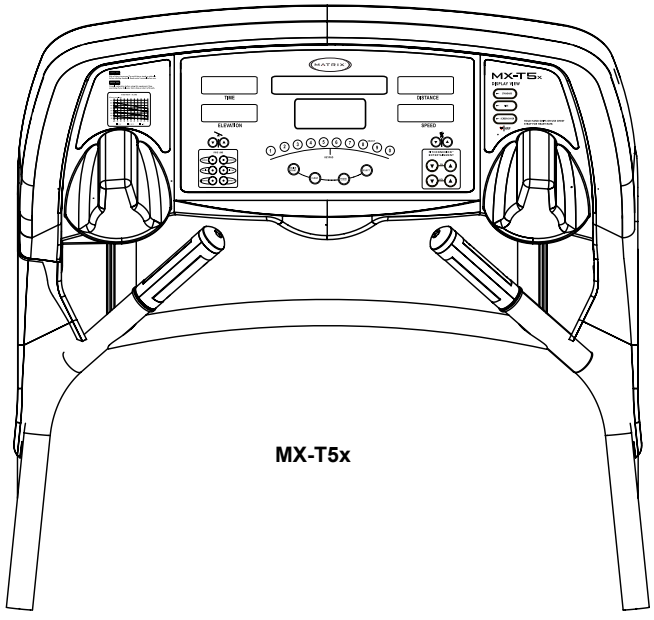
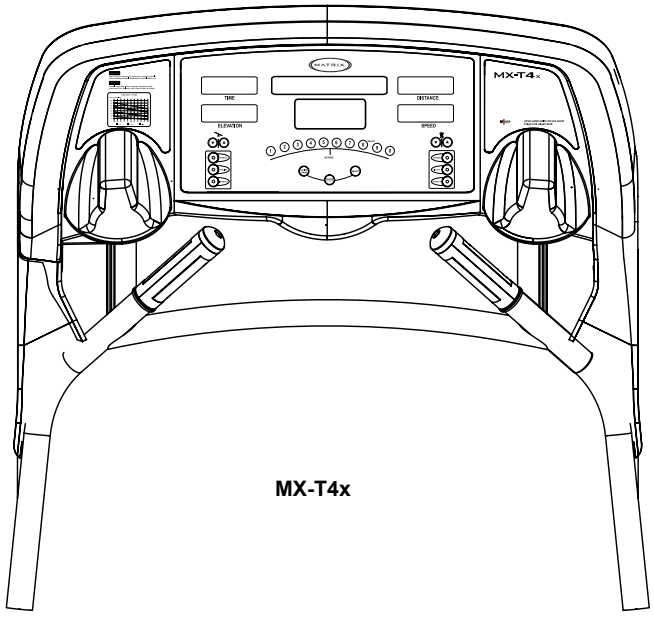
CHAPTER 5: MX-T4x / MX-T5x Overlay Description / Programing / Engineering Mode

5.1 CONSOLE DESCRIPTION



MX-T5x



MX-T4x

PROGRAMS: Simple program view and selection buttons. Seven programs to choose from.

START/QUICK START: One touch Start and Quick Start

SELECT: Quick entry of information and level selection.

PAUSE/HOLD TO RESET: Stop/Pause and hold for 3 seconds to reset.

CLEAR: Clears number keypad entry.

UP/DOWN ELEVATION: Easy information and elevation selection.

UP/DOWN SPEED: Easy information and speed selection.

NUMBER KEYPAD (T5x ONLY): Allows quick information and level selection.

DISPLAY VIEW (T5x ONLY): These three buttons allow the user to customize the way the unit's information and lights are displayed.

FITCONNEXTION™ ENTERTAINMENT (T5x ONLY): Controls the CHANNEL and VOLUME of Matrix attachable 15" TV.

EMERGENCY STOP: To stop all function running.

5.2 MANUAL OPERATION

MATRIX design makes using the programs as easy as one touch of a button.
QUICK START Start pedaling and press **QUICK START** to begin workout.

MANUAL MODE allows you to enter desired time, level and weight.

STEP 1 Select **MANUAL** program button on left of panel.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2 Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Select **START** will start program.

STEP 3 Select **LEVEL** by using **UP** or **DOWN** arrow keys. You can change the level at any time during workout.
Press **SELECT** or Wait 5 seconds.
Select **START** will start program.

STEP 4 Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, **TIME**, Starting 3, Starting 2, Starting 1

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5.3 OPERATING LEVEL BASED PROGRAMS

Your **MATRIX** treadmill offers versatile programs to keep the usere motivated. The following instructions will guide you through simple steps to select INTERVALS, ROLLING, and RANDOM programs.

STEP 1 Select the **PROGRAM** button on left of panel.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2 Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Select **START** will start program.

STEP 3 Select **LEVEL** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or Wait 5 seconds.
Select **START** will start program.

STEP 4 Select **LEVEL** by using **UP** or **DOWN** arrow keys. You can change the level at any time during workout.
Press **SELECT** or Wait 5 seconds.
Select **START** will start program.

STEP 5 Select **WEIGHT** by using **UP** or **DOWN** arrow keys.

STEP 6 Press **START** or **SELECT** to begin workout.
Display, **TIME**, Starting 3, Starting 2, Starting 1

5.4 HEART RATE CONTROL

For your convenience, MATRIX T5x Treadmills come standard with digital contact heat rate sensors and are POLAR telemetry compatible. The MX-T4x is only available with telemetry.

Locate the metal sensors on the handrail of the MX-T5x. Notice there are two separate pieces of metal on each grip. You must be making contact on both pieces of each grip to get an accurate heart rate reading. You can grab these-sensors in any program to view your current heart rate.

HEART RATE Program
Follow these easy Steps to enter into the Heart Rate Program.

STEP 1 Select the **TARGET HR** program button.

STEP 2 Select **TIME** by using the **UP** or **DOWN** arrow keys. When finished press **SELECT** or wait 5 seconds.

STEP 3 Select **AGE** by using the **UP** or **DOWN** arrow keys. When finished press **SELECT** or wait 5 seconds.

STEP 4 Select **PERCENTAGE OF MAXIMUM HEART RATE** by using the up or down arrow. Percentage of maximum heart rate is determined by the following formula. (220 Beats Per Minute - Age) Selected pre-centage. Example (220 - 30)65% = 123 Beats Per Minute.

STEP 5 Select from 50% - 80% in 5% increments.
SELECT HR program type by using the **UP** or **DOWN** arrow keys select the active variable Speed or Elevation that will be used to control the users heart rate. Press **SELECT** or weight 5 seconds.

STEP 6 Select **MAXIMUM SPEED/ELEVATION** by using the **UP** or **DOWN** arrow keys select the active variable Maximum Speed or Elevation that will be used to control the users heart rate.

STEP 7 Press **START.**

HEART RATE SAFETY PROTOCOLS:
(Polar target heart rate zone chart is on page 10)

When the users heart rate exceeds the target heart rate by the values, the following prompts will take place:

10BPM: Warning in alpha numeric indicating active variable will be reduced (if above min.) or alternate variable will be reduced.

20BPM: Active variable (if above min.) or alternate variable, if active variable is at zero, reduced by 30%.

15BPM: Warning indicating heart rate over maximum and program will end.

20BPM: Program ends.

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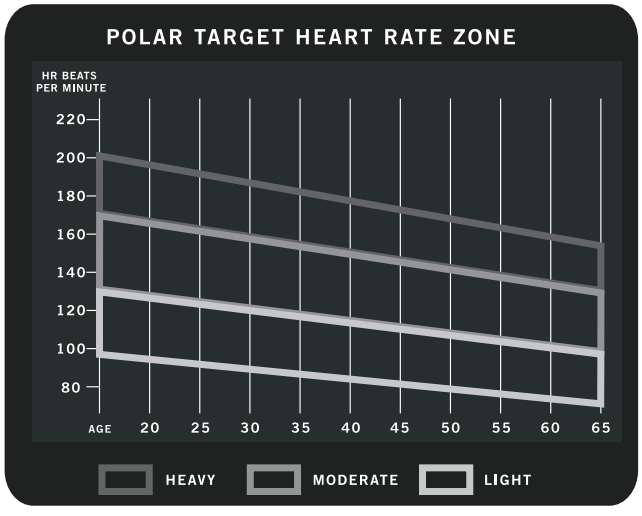

5.5 FIT TEST

FIT TEST allows you to measure your fitness based on a program designed specifically for your Matrix Treadmill. The test takes 5 minutes and is based on your heart rate. User should keep hands on contact heart rate graps.

Follow these easy steps to enter in the Fit Test Program.

STEP 1: Select the **FIT TEST** button.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys. Press **SELECT** or wait 5 seconds.

STEP 3: Select **GENDER** by using the **UP** arrow keys. Press **SELECT** or wait 5 seconds.

STEP 4: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys. Press **SELECT** or wait 5 seconds.

STEP 5: Display, **TIME**, Starting 3, Starting 2, Starting 1.

STEP 6: Display will read **"HOLD THE HANDGRIP SENSORS FOR DETECTING HR"** if no heart rate is found after 4:20. Display will read **"HR TO LOW, RETRY THE TEST"** if score is over 80.

STEP 7: Display will read results of Fit Test.

MEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	GOOD	AVERAGE	FAIR	POOR
15-19	61+	56 ~ 61	52 ~57	48 ~ 51	42 -
20-29	57+	52 ~ 57	44 ~ 51	38 ~ 43	38 -
30-39	51+	48 ~ 51	40 ~ 47	34 ~ 39	34 -
40-49	48+	44 ~ 48	36 ~ 43	30 ~ 35	30 -
50-59	44+	40 ~ 44	32 ~ 39	25 ~ 31	25 -
60-69	21+	21 ~ 26	27 ~ 35	36 ~ 40	40 -
70-79	36+	32 ~ 36	23 ~ 31	17 ~ 22	17 -

WOMEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	GOOD	AVERAGE	FAIR	POOR
15-19	52+	46 ~ 52	37 ~ 45	30 ~ 36	30 -
20-29	50+	44 ~ 50	35 ~ 43	28 ~ 34	28 -
30-39	48+	42 ~ 48	34 ~ 41	27 ~ 33	27 -
40-49	46+	41 ~ 46	32 ~ 40	25 ~ 31	25 -
50-59	42+	37 ~ 42	28 ~ 36	21 ~ 27	21 -
60-69	37+	32 ~ 37	24 ~ 31	17 ~ 23	17 -
70-79	33+	28 ~ 33	20 ~ 27	13 ~ 19	13 -

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5.6 ENGINEERING MODE

Manager screens allow the viewing and editing of variables that would be necessary for a club operator/manager to customize. Unless otherwise noted manager screens consist of the initial screen, the editing or action screen and the saving screen. The initial screen displays the variable type and in most cases the current value. Edit or actions screens are where the editing of the variable take place. The saving screen indicates the variable is being saved.

To access the Manager Settings press and hold the **ELEVATION DOWN** and **SPEED UP** bottons for three seconds.

Use the **ELEVATION** or **SPEED UP** and **DOWN** arrows to scroll through the different manager setting.

Press **SELECT** to edit the selected manager setting.

Use the **ELEVATION** or **SPEED UP** and **DOWN** arrows to set the variable.

Press **START** to save the seected variable.

NOTE: **SAVING** all appear in the 7 segment window when the variavle is being saved to memeory.

5.7 MANAGER SCREENS EXCEPTIONS/DETAILS

Below is a list of functions for each Manager Setting. Exceptions will be noted in the description for each manager setting:

P0 MAXIMUM TIME (EDIT)
This variable controls the program maximum time.
Active variable display in the time seven segment display.
Numeric entry is active.

P1 DEFAULT TIME (EDIT)
This variable controls the default program time.
Active variable displayed in the time seven segment display.
Numeric entry is active.

P2 DEFAULT LEVEL (EDIT)
This variable controls the default program level (may be eliminated in final product).
Active variable displayed in the time seven segment display.
Numeric entry is active.

P3 DEFAULT AGE (EDIT)
The variable controls the default users age used in the goal heart rate calculations.
Active variable displayed in the time seven segment display.
Numeric entry is active.

P4 DEFAULT WEIGHT (EDIT)
This variable controls the default users age used in the calorie calculations.
Active variable displayed in the time seven segment display.
Displayed in native unites (kilogram or pounds)
Numeric entry is active.

P5 ACCUMULATED DISTANCE
This variable displayed in the time seven segment disply.
Accumulated distance is not editable, for display only.
Displayed in native unites (kilometers or miles)
Holding the start key resets the accumulated distance.

P6 ACCUMULATED TIME
This variable displayed in the time seven segment disply.
Accumulated time is not editable, for display only.
Holding the start key resets the accumulated distance.

P7 SOFTWARE VERSION
Active variable displayed in the time seven segment display.
Accumulated distance is not editable, for display only.

P8 START SPEED (EDIT)
Controls the starting speed for all programs (minimum speed not affected).
Active variable displayed in the time seven segment display.
Displayed in native unites (kilometers per hour or miles per hour).
Reverts to default value on unit change.
Numeric entry is active.

P9 MAXIMUM SPEED (EDIT)
Controls the maximum speed for all programs.
Active variable displayed in the time seven segment display.
Displayed in native unites (kilometers per hour or miles per hour)
Reverts to default value on unit change.
Numeric entry is active.

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P10 DEFAULT CHANNEL (EDIT)
Controls the default channel for enterainment CSAFE compativle devices.
This variable is editable.
Numeric entry is active.

P11 DEFAULT VOLUME (EDIT)
Controls the default channel for enterainment CSAFE compativle devices.
This variable is editable.
Numeric entry is active.

P13 SPEED MODE (EDIT)
Changes from Standard (Kilometers) to English (Miles).
Unit change will force unit dependent variables to revert to their default values.

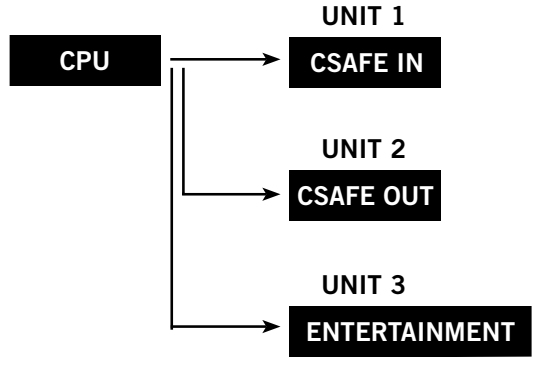
P14 OUT OF ORDER (EDIT)

VARIABLE	MINIMUM	DEFANLT	MAXIMUM	STEP SIZE	UNITS
P0 Maximum Time	5	30	95	5	minutes
P1 Default Time	5	20	95	5	minutes
P2 Default Level	1	1	20	1	
P3 Default Age	15	30	100	1	years
P4 Default Weight	35 / 80	75 / 150	180 / 400	5	kg / lbs
P5 Accumulate Distance					
P6 Accumulate Time					
P7 Software Version					
P8 Start Speed	0.8 / 0.5	1.6 / 1	3.2 / 2	0.1	kph / mph
P9 Maximum Speed	3.2 / 2	20 / 12	20 / 12	0.1	kph / mph
P10 Default Channel	1	1	30	1	
P11 Default Volume	1	16	30	1	
P13 Speed Mode		KM			
P14 Out of Order					
Machine Type	T4	T4	T5	1	Unit
IR On/Off	OFF	ON	ON	1	Unit

5.8 USING CSAFE

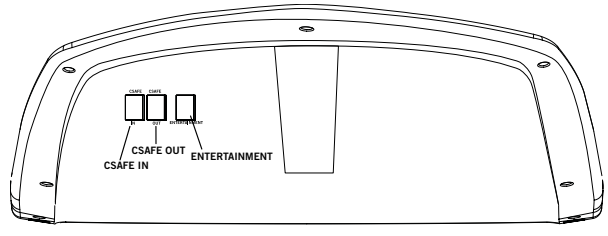
Matrix is the leader in entertainment availability. On the back of the console are three RJ45 receptacles. They are marked CSAFE IN, CSAFE OUT, and ENTERTAINMENT.

Use the csafe in to plug in an csafe device using the RJ45 connector csafe out allows csafe products to be daisy chained together from one unit to the next. The connection is as follows;



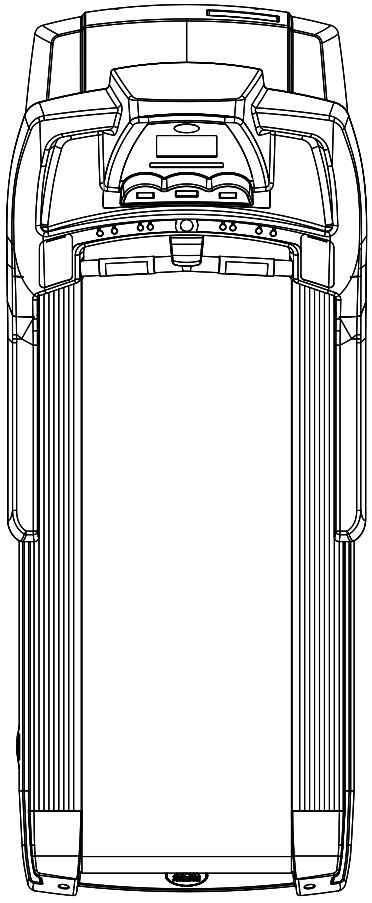
CONSOLE (BACK SIDE) ACCESS LAYOUT

Below is a layout of the (backside) console access panel on the MX-T4x / MX-T5x .



06´ Treadmill´s OM.indd 16 2006/11/22 9:31:35 AM

6.1 MX-T3x MODEL SPECIFICATIONS



SPECIFICATIONS

Foot Print	inches = 85" x 34" x 55" cm = 216 x 87 x 140
Weight	350 lbs / 159 kg
Max User Weight	400 lbs = 182 kg
Belt Type	Habasit
Frame Construction	Steel
Running Area	20" x 60"
Incline Range	0-15%
Speed Min.	0.5 mph / 0.8 kph
Speed Max.	12 mph / 20 kph
Motor Type	3.2 HP DC
Controller Cooling Fan	Yes
Deck	1" Reversible Ultimate
Wax	No Maintenance

VARIABLE COMPRESSION TECHNOLOGY

Absorber	Rubber Dampeners
Number of Cushions	8

SAFETY

Shut off w/Tether	Yes
Large Safety Stop	Yes

PROGRAMS

One Button Quick Start	Yes
Target Heart Rate	Yes
Fit Test	Yes
Intervals	Yes
5k Run	Yes
Rolling	Yes
Manual	Yes

HEART RATE

Telemetry	Yes
Contact Heart Rate	Yes

ENTERTAINMENT READY

CSAFE Port	2

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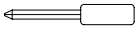
6.2 MX-T3x MODEL REQUIRED FASTENERS & ASSEMBLEY TOOLS

QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			8mm ALLEN WRENCH	
01			10mm ALLEN WRENCH	
01			#2 PHILLIPS SCREW DRIVER [4.5 x 50]	
08	Z50		FLAT WASHER ϕ10 xϕ20 x 2.0t	
08	Z51		SOCKET HEAD CAP SCREW M10 x 25L	
04	Z52		SOCKET HEAD CAP SCREW M8 x 15L	
02	Z53		BUTTON HEAD MACHINE SCREW M5 x 12L	

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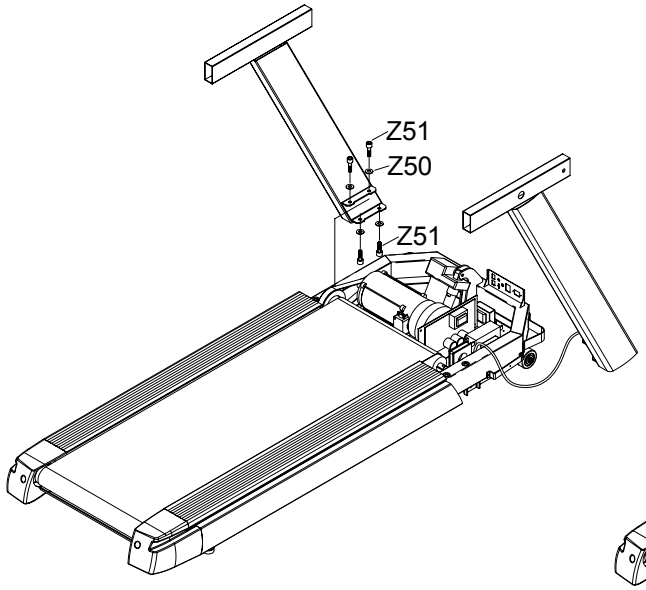
6.3 MX-T3x MODEL ASSEMBLY STEPS

- **ATTENTION**
  After installation is completed, the treadmill will need to be calibrated by using the AUTO-CHECK function. If this is not done, the treadmill's speed and incline values may be incorrect and damage the treadmill. Do not stand on the belt when performing the AUTO-CHECK function.

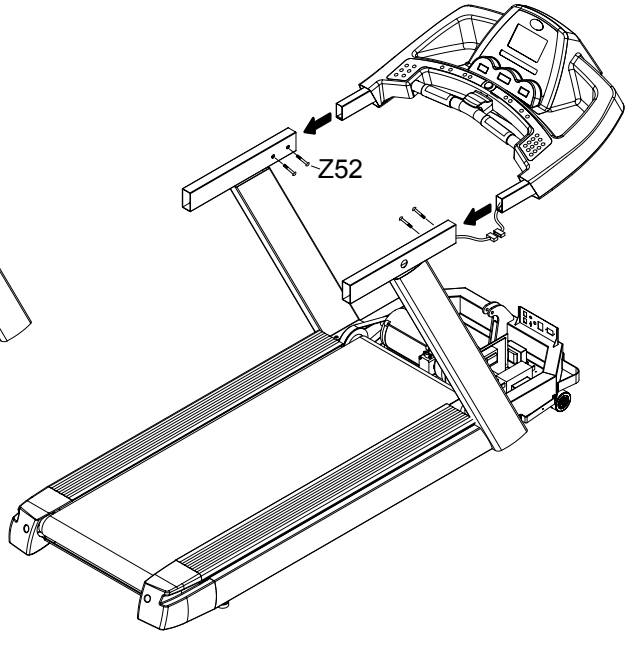
- **ASSEMBLY INSTRUCTIONS**
  Please make sure that the power plug is not plugged into the wall outlet while completing the following procedure.
  To ensure correct assembly of the treadmill, carefully read and follow these steps:

STEP 1



Remove the motor cover. Pull out the console cable and route it through the Right console mast. Place the right console mast and then the left console mast in the console post support brackets. Secure the Right and Left mast with the 4 bolts provided (Z50, Z51). Make sure these bolts are tight.

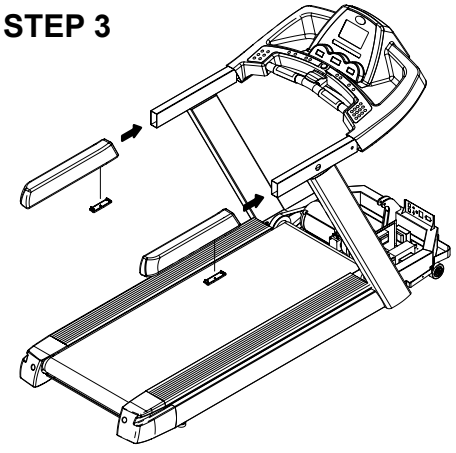
STEP 2



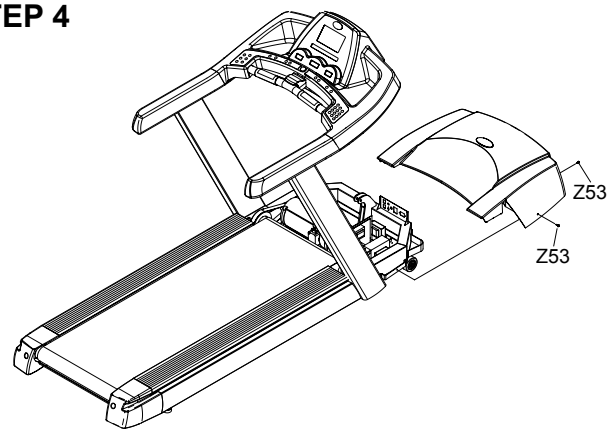
Connect the console cables from the console set to the motor control board cables. Secure the console set with 2 screws (Z52) on each side.

06´ Treadmill´s OM.indd 19 2006/11/22 9:31:44 AM

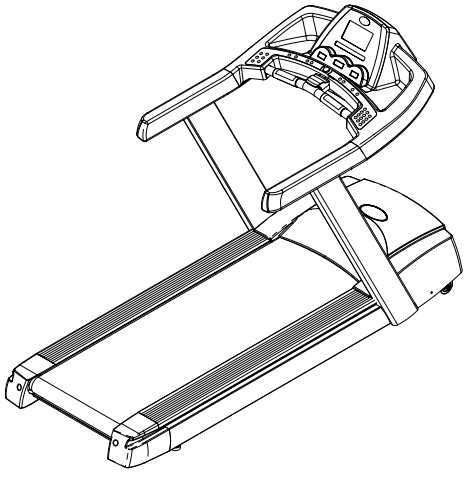
STEP 3



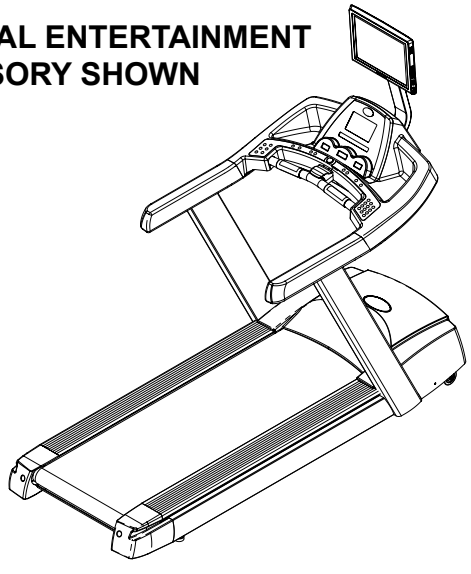
STEP 4



FINAL ASSEMBLY



OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



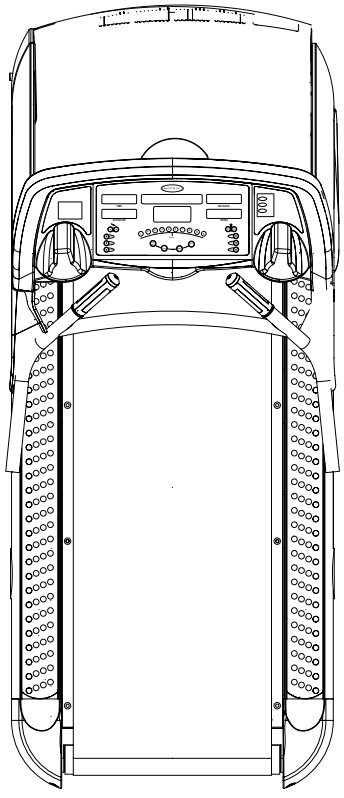
FINAL ASSEMBLY

AUTO CHECK

- Press and hold both incline "**UP**" and speed "**DOWN**" buttons simultaneously for 3 seconds .Then the "**ENGINEERING MODE**" is shown onto the console.
- Press the incline "**UP**" button to find the "**AUTO CHECK**" screen.
- Press the incline "**START**" button and then, the treadmill will run the auto check function automatically. This will take around 3 minutes to run.
- After auto check is complete "**AUTO CHECK OK**" will show on the console. Then, press **EMERGENCY STOP** key twice to back to initial starting screen.

06´ Treadmill´s OM.indd 20 2006/11/22 9:31:46 AM

7.1 MX-T4x / MX-T5x MODEL SPECIFICATIONS



SPECIFICATIONS

Product Name	T4x / T5x
Foot Print	inches = 85" x 35" x 62" cm = 215.9 x 88.7 x 157.5
Weight	450 lbs / 204 kg
Max User Weight	500 lbs / 226 kg
Belt Type	Habasit
Frame Construction	Aluminum/Steel
Running Area	22" x 60"
Incline Range	0 -15%
Speed Min.	0.5 mph / 0.8 kph
Speed Max.	12 mph / 20 kph
Motor Type	AC
Motor Size	5hp AC
Controller Cooling Fan	Yes
Deck	1" Ultimate
Wax	No Maintenance

VARIABLE COMPRESSION TECHNOLOGY

Absorber	Rubber Damperners
Number of Cushions	8

SAFETY

Shut off w/Tether	Yes
Large Safety Stop	Yes

PROGRAMS

Number Key Pad	T4x-No / T5x-Yes
One Button Quick Start	Yes
Random (20 profile)	Yes
Target Heart Rate	Yes
Fit Test	Yes
Intervals	Yes
Rolling	Yes
Manual	Yes

HEART RATE — T4x / T5x

Telemetry	Yes
Contact Heart Rate	T4x-No / T5x-Yes

ENTERTAINMENT READY

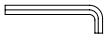
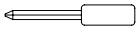
Fitconnxion™ Buttons	T4x-No / T5x-Yes
Coaxial Cable Connection	T4x-No / T5x-Yes
AC TV Power Connection	T4x-No / T5x-Yes
Monitor Mount	T4x-No / T5x-Yes
CSAFE Port 3	T4x-2 / T5x-3

MANAGER MODE

Maximum Time	5-95
Default Time	5-95
Default Level	L1
Default Weight	60-400 lbs 27-182 kg
Accumulated Distance	
Accumulated Time	
Start Speed	0.5-2.0 mph / 0.8-3.2 kph

06´ Treadmill´s OM.indd 21 2006/11/22 9:31:48 AM

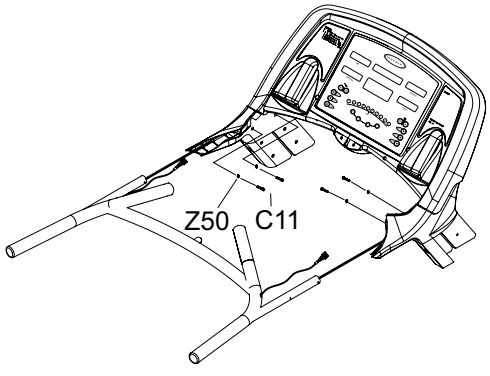
7.2 MX-T4x / MX-T5x MODEL REQUIRED FASTENERS & ASSEMBLEY TOOLS

QTY	PART #	SKETCH	DESCRIPTION	NOTES
01	Z13		4mm ALLEN WRENCH	
01	Z12		5mm ALLEN WRENCH	
01	Z09		ALLEN WRENCH [#8 x 168]	
01	Z10		ALLEN WRENCH [#5 x 172]	
01	Z08		#2 PHILLIPS SCREW DRIVER [4.5 x 50]	
14	C10		FLAT HEAD MACHINE SCREW (M8 x 20L)	
08	C09		FLAT HEAD MACHINE SCREW (M8 x 25L)	
04	C24		BUTTON HEAD MACHINE SCREW (M5 x 10L)	
04	C11		SOCKET HEAD CAP SCREW (M5 x 20L)	
04	Z50		FLAT WASHER (ϕ 5.2 x ϕ12 x 1.0t)	

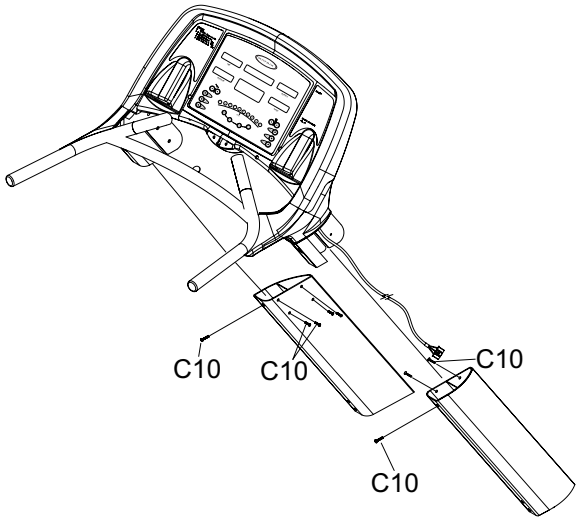
06´ Treadmill´s OM.indd 22 2006/11/22 4:11:20 PM

7.3 MX-T4x / MX-T5x MODEL ASSEMBLY STEPS

STEP 1



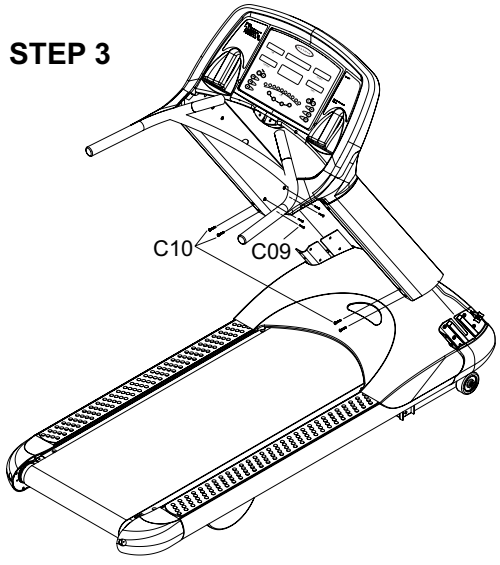
STEP 2



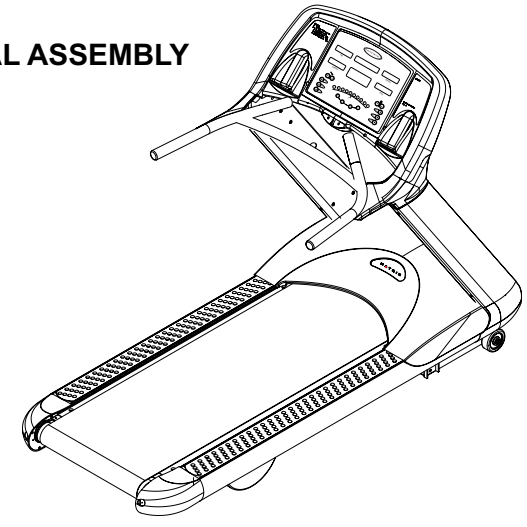
06´ Treadmill´s OM.indd 23 2006/11/22 9:31:51 AM

7.3 MX-T4x / MX-T5x MODEL ASSEMBLY STEPS

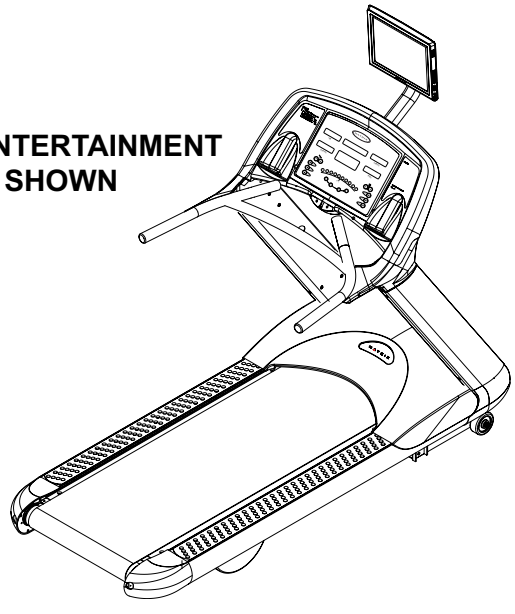
STEP 3



FINAL ASSEMBLY



OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



06´ Treadmill´s OM.indd 24 2006/11/22 9:31:55 AM

06′ Treadmill′s OM.indd 25 2006/11/22 9:31:55 AM

06′ Treadmill′s OM.indd 26 2006/11/22 9:31:55 AM

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